Birmingham
Community Healthcare
NHS Foundation Trust

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Dear Parent/Carer

Height and weight checks for children in reception and year 6

Every year in England, school children in reception and year 6 have their height and weight checked at school. This is called the National Child Measurement Programme (NCMP).

The checks are carried out by registered school nurses or trained health and care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

You can watch the NCMP process animation here:
https://www.youtube.com/watch?v=7W771420z9g
The animation explains the process of the NCMP and why it is important. It will guide you through what it involves, how your child's data is collected and processed and what it will be used for.

Why do we need to measure children?

Children's height and weight measurements are collected to build an understanding of how children are growing. The information from the NCMP is used by local councils and the NHS to plan the provision of health and leisure services for families to promote healthier growth in children.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth. It also provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index, or BMI).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

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Your child's name, date of birth and NHS number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

Information about how personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the National Child Measurement Programme: privacy notice at: www.gov.uk/government/publications/national-child-measurement-programme-privacy-notice

You can read more about how NHS England collects, stores and uses your child's information and data at National Child Measurement Programme (NCMP): GDPR information at: https://digital.nhs.uk/data-and-information/keeping-data-safe-and-benefitting-the-public/gdpr/gdpr-register/national-child-measurement-programme-ncmp-gdpr-information

At the NHS England National Child Measurement Programme webpage; https://digital.nhs.uk/services/national-child-measurement-programme you can read more about:

· taking part in the programme

· how your data is collected

· how your data is used

You can read more about how Birmingham Community Health Care collects, stores and uses your child's information at www.bhamcommunity.nhs.uk/patient-privacy-notice/

How is a child's mental health and wellbeing considered in the NCMP

The wellbeing of children and families is very important to the programme. Measurements are conducted in a sensitive way, in private and away from other children. Individual feedback is not shared with your child or their school.

The weight and height information is shared only with you, if your child's measurements are outside of the expected weight range, either through a parent feedback letter or telephone call. It is your choice to share or not share the information with your child. You will not receive a letter if your child's measurements show they are in a healthy weight range.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

Your child's results may also be shared with our partners Maximus UK who provide BeeZee Families Healthy Lifestyle programmes.

A Beezee Families Coordinator from Maximus UK may make direct contact with you so

they can talk to you about what support is available for your family. More information can be found here: https://bhx.maximusuk.co.uk

All personal information collected will be kept safe and is protected by law. For further information on your personal data, please refer to https://www.maximusuk.co.uk/privacy-policy

How you can withdraw your child from participating in the NCMP

If you are happy for your child to be measured, you do not need to do anything.

If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight, please let your school know so they can be added to an 'opt out' list.

Children will not be made to take part on the day if they do not want to.

Further information

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage https://www.nhs.uk/healthier-families/

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS Healthy Steps - step this way https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf=

You can find further information about the NCMP on the NHS webpage. https://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/

Yours faithfully

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Birmingham School Health Support Service